

Fast Facts

Best Workplaces for Commuters

- As of April 2004, employers participating in the program provide commuter benefits to nearly 1.5 million employees in the United States.
- On average, an employer with 1,000 employees that joins Best Workplaces for Commuters takes 175 cars off the road, saving 44,000 gallons of gasoline per year, and cutting global warming pollution by 420 tons per year.
- A typical commuter who switches from driving alone to using commuter benefits for transit, walking, cycling, or telecommuting saves over \$800 per year in fuel, taxes, and vehicle maintenance.
- If half of all commuting employees worked at Best Workplaces for Commuters-recognized workplaces, air pollution and traffic would be cut by the equivalent of taking 15 million cars off the road every year.
- By offering commuter benefits, a company with 1,000 employees can lower its annual parking expenses by more than \$70,000, save participating employees \$13,000 each year in taxes, as well as \$160,000 each year in gasoline, parking, and vehicle costs.

Health Facts

- In 1999, the Centers for Disease Control found that “obesity and overweight are linked to the nation’s number one killer—heart disease—as well as diabetes and other chronic conditions.” The report states that one reason for Americans’ sedentary lifestyle is that “walking and cycling have been replaced by automobile travel for all but the shortest distances.” (*October 27, 1999 issue of the JAMA*)
- Walking to work decreases your chance of getting breast cancer by 20 percent, heart disease by 30 percent, and diabetes by 50 percent. (*Nurse’s Health Study, Archives of Internal Medicine; New England Journal of Medicine*)

Air Quality Facts

- About 160 million tons of pollution are emitted into the air each year in the United States. In 2002, one of every two U.S. citizens lives in a county where monitored air was unhealthy at times because of high levels of pollutants. (*U.S. EPA National Air Quality Report, 2002*)
- Even low levels of ground-level ozone, which is produced by automotive tailpipe emissions and is a component of smog, adversely affect nearly one-third of our population. (The American Lung Association)

Commuting Facts

- Nearly 50 percent of workers describe their commutes as unsatisfying or stressful, and 36 percent say they would be willing to take a 10 percent pay cut or more for a shorter commute (*HR Magazine Survey, October 2001*)
- In 2001, Americans stuck in congested traffic wasted 5.7 billion gallons of fuel and lost 3.5 billion hours of productivity, costing the nation \$69.5 billion—\$4.5 billion more than the previous year. (*Texas Transportation Institute, 2003 Urban Mobility Study*)
- The extra time needed for rush hour travel has tripled over two decades. According to the Texas Transportation Institute’s 2003 Urban Mobility report, the average rush hour trip took 39 percent longer than a non-rush hour trip. In 1982, the average rush hour trip took only 13 percent longer. (*Texas Transportation Institute, 2003 Urban Mobility Study*)